



# Newmarket & District Swimming Club

Swimming Since 1918



President: Robert Hicks.

## GROUPS AND TRAINING TIMES 2010

### TRANSITION

MONDAY	7.00-8.00pm
WEDNESDAY	6.00-7.00pm
SUNDAY	5.30-6.30pm

### TRANSITION & JUNIORS MIXED

FRIDAY	6.00-7.30pm
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### JUNIORS

MONDAY	8.00-9.00pm
WEDNESDAY	7.00-8.00pm
THURSDAY	7.00-8.00pm
SUNDAY	6.00-7.30pm

### AGE GROUP & AGE GROUP+

MONDAY	7.00-9.00pm
TUESDAY	6.00-7.00am
WEDNESDAY	6.00-7.30am & 6.00-8.00pm
THURSDAY	6.00-7.00am & 7.00-9.00pm
FRIDAY	6.00-7.30pm
SUNDAY	6.30-8.30pm

### YOUTH & SENIOR SQUAD

MONDAY	7.00-9.00pm
TUESDAY	6.00-7.00am
WEDNESDAY	6.00-7.30am & 6.00-8.00pm
THURSDAY	6.00-7.00am & 7.00-9.00pm
FRIDAY	6.00-7.30pm
SUNDAY	6.30-8.30pm

### MASTERS

THURSDAY 6.00-7.00am & 8.00-9.00pm

### DISABILITY

THURSDAY 6.00-7.00am & 8.00-9.00pm



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Affiliated to the Amateur Swimming Association, Suffolk County & ASA East Region

